



FAT LOSS TIPS

- Consider intermittent fasting by eating between 11am-7pm or 12pm-7pm only, to optimize burning bodyfat.
- Eat low-sugar, high fiber carbohydrates such as apples, vegetables, whole grains, and brown rice. Limit (or eliminate) white flour carbohydrates all together such as bagels, pasta, breads, crackers, and chips. These are refined, processed carbohydrates that can cause increased fat storage if eaten in excess.
- Stop eating two hours before bedtime.
- Drink eight glasses of water per day. Add real lemon for taste + liver cleansing effect.
- Limit or eliminate all juices, sodas, and other sugary drinks from your diet. Please do not drink your calories; one mocha is about as many calories as an entire meal.
- Add good fats to your diet, such as almonds, peanuts, sunflower seeds (handful per day), olives, olive oil and avocados.
- Try to have some carbohydrates, protein, and fat at each meal (such as eggs, fruit, almonds; or grilled chicken, vegetables, and salad). If possible, try to avoid starch at night.
- Add thirty minutes of "heart pumping exercise" to your day, five days per week: dancing, walking, cycling, a video exercise tape, or stair climbing. Better yet, mix it up and do two different exercises each week, changing new exercises every three weeks.
- Add ten to thirty minutes of weight-resistance strengthening exercises, such as abdominal crunches, push-ups, leg lifts, or hand weights.
- Get a hormone test to rule out underlying hormone problems causing you to gain weight or inability to lose it. Including low thyroid, low testosterone, and high estrogen.
- Take a day off once a week. Yes, a free day! Try to quiet your mind 10-30 minutes per day.
- Start with one or two new tips per week, adding a new tip weekly, then in twelve short weeks you'll begin to experience a better mood, increased energy, and excellent fat loss, especially around the middle.

Supplements available at all OnePeak locations & online at OnePeakMedical.com

Weight Loss Supplements:

- AM Stress: Provides focus and energy and supports optimal cortisol levels.
- Rebalance Drops: Assists with metabolism and fat loss.
- Chromium: Take 200mcg before each meal day for insulin/blood sugar control.
- L-Glutamine: 500mg twice daily for blood sugar control and reduction of cravings.
- Metabolism Packets: Daily support for metabolism, energy, mood and relaxation.
- Energy: Take two capsules daily for thyroid, energy and focus support.
- Cravings: Reduce cravings/appetite and enhance mood.

Schedule an appointment with a OnePeak Medical Fitness & Nutrition Consultant to see what plan is best for you.

*30 Day Sugar Detox ■ Plant Based ■ Intermittent Fasting ■ Candida ■ Low Histamine
Low Glycemic ■ Keto ■ Autoimmune ■ HCG ■ Low FODMAP*